

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	PILATES YOGA	PILATES	YOGA PILATES	PILATES	YOGA PILATES		
08:15	BODY PUMP SPORTCYCLE	ENTRENAMIENTO FUNCIONAL SPORTCYCLE	BODY PUMP SPORTCYCLE	ENTRENAMIENTO FUNCIONAL SPORTCYCLE	SPORTCYCLE		
09:00	TALLER DE ABDOMINALES PILATES	TALLER DE ABDOMINALES GYM TOTAL PILATES YOGA	TALLER DE ABDOMINALES PILATES	TALLER DE ABDOMINALES ENTRENAMIENTO FUNCIONAL YOGA PILATES	TALLER DE ABDOMINALES PILATES	LOCAL SPORT PILATES	
09:30	ZUMBA LOCAL SPORT		ZUMBA LOCAL SPORT		ZUMBA LOCAL SPORT		
10:00	PILATES	PILATES SPORTCYCLE	PILATES	PILATES SPORTCYCLE	PILATES	PILATES SPORTCYCLE	
10:30	CLASE DE SALSA		CLASE DE SALSA		CLASE DE SALSA		
11:00	PILATES	PILATES	PILATES	PILATES	PILATES	YOGA	
11:15		GIMNASIA CORRECTIVA		GIMNASIA CORRECTIVA			
11:30	STRETCHING		STRETCHING		STRETCHING		
12:00						YOGA	
14:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
15:00	LOCAL SPORT PILATES	PILATES	LOCAL SPORT PILATES	PILATES	PILATES LOCAL SPORT		
16:00	PILATES	PILATES	PILATES	PILATES	PILATES		
17:00	PILATES SPORT FUNCIONAL	PILATES TAEKWONDO INFANTIL	PILATES SPORT FUNCIONAL	TAEKWONDO INFANTIL PILATES	PILATES		

18:00	STRETCHING SPORTCYCLE PILATES POWER LOCAL	YOGA PILATES SPORTCYCLE	AERO BOX STRETCHING PILATES POWER LOCAL SPORTCYCLE	YOGA SPORTCYCLE PILATES	POWER LOCAL SPORTCYCLE STRETCHING PILATES		
19:00	ZUMBA AERO BOX PILATES TALLER DE ABDOMINALES	STRETCHING LOCALIZADA TAEKWONDO (ADULTOS)	PILATES AERO BOX ZUMBA TALLER DE ABDOMINALES	STRETCHING PILATES LOCAL SPORT TAEKWONDO (ADULTOS)	AERO BOX TALLER DE ABDOMINALES PILATES ZUMBA		
20:00	SPORTCYCLE ENTRENAMIENTO FUNCIONAL	BOX TRAINING	SPORTCYCLE ENTRENAMIENTO FUNCIONAL YOGA	BOX TRAINING	SPORT FUNCTIONAL		

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